

Do you have the homesickness blues?

It is completely normal to feel homesick sometimes when we are far from home. Homesickness comes from feeling disconnected from people, places and routines. It is an emotion that passes with time.

Here are some things to do if you are feeling a little blue:



- Be a tourist, get to know where you live, visit the local sights and explore just as you would if on vacation. Start a list of favorite places.
- Plan a trip with a friend, a day trip or a weekend, get excited about doing something new with a new friend and before you know it you will be excited and chatting about the trip instead of talking about what you are missing at home.
- **Go to your cluster meeting.** This will definitely help you.
- Not everything has to change. If you loved jogging at home, do it here. There are some habits you love that you can keep.
- Create a routine. Having a routine will help you feel at home and settle into life here.
- Do not stay home. Get out and about, go to the gym, the park, a coffee shop, a movie, staying home alone will not help homesickness.
- Ask your counselor to connect you with another au pair who was also homesick, there's nothing better than talking to someone who has been in your shoes.
- Start an old fashioned scrap book with real pictures and mementos from your year. It will give you something to work on when you have quiet time alone and as your year progresses you will be able to see what an amazing experience you are having. You'll have a wonderful keepsake to take home with you. You'll feel so proud of your scrapbook!
- Most importantly, talk to someone, if you feel sad or homesick, talk to your host family, call me, or a friend. Being part of a cluster enables us to help and support each other.

A little inspiration from a former au pair... <https://www.youtube.com/watch?v=H3IBmRWGnwA>

Have a great year, this is your dream, make the most of it! **BELIEVE IN YOUR DREAMS!**